

Scanlon in Buffalo, Pa.; Dora was telling the other women that office where she works that her brother-in-law has bought "one of those prevaricated houses."

# The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

VOLUME 22, NO. 52

THE JOURNAL, COLEMAN, ALBERTA THURSDAY, MAY 11, 1944

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## COLEMAN GOES "OVER THE TOP"

### Joan MacQuarrie Wins High Honor In Nursing

Won Seldon Prize for Highest Standing in Surgical Nursing; Graduate from Vancouver General Hospital

A signal honor was won by a young local student nurse at Vancouver on Friday evening when it was announced that Miss Joan MacQuarrie had won the Seldon prize for the highest standing in surgical nursing.

The announcement was made at the graduating exercises of student nurses of the Vancouver general hospital where Joan has trained during the past three years.

She received her public and high school education in Coleman schools and was an active member in high school activities. Upon graduating from high school she immediately left for Vancouver where she entered the general hospital as a nurse-in-training.

Her parents, Mr. and Mrs. Charles MacQuarrie, and the young members of her family travelled to Vancouver to attend the graduating exercises. She has two brothers in the armed forces overseas.

Her many Coleman friends join in extending congratulations on her brilliant achievement and wish her success in her chosen profession.

Psychologists tell us that the average man forgets 54 per cent of what he sees or hears within five days. Before you forget this go out and buy some more Victory Bonds!

### MISSING IN ACTION P/O JAMES BELL

P/O James Bell has been reported missing after air operations over the continent according to word received by his wife Mrs. Olwen Bell (nee Olwen Brown). Son of Mr. and Mrs. D. Bell of Drew, Ontario, he enlisted in the R.C.A.F. in 1940 as an air mechanic and re-mustered in Jan. 1942 as a navigator. He trained at No. 14 I.T.S. and at No. 2 Air Observers School, Edmonton.

### Paper For Victory

Canada-Wide Campaign to Gather Waste Paper

With the approach of the long-awaited second-front invasion, Canada's requirements in the way of waste paper salvage become more and more acute.

In view of this fact, the National Salvage Campaign, has launched an intensive drive to ease the situation.

Canada requires 20,000 tons of waste paper every month, and at the present time the mills are barely managing to get their required amount. The shortage of waste paper may endanger our entire war effort.

In addition to the civilian uses of paper products, they play a vital role in the military set-up. In addition to their normal uses in the services, paper containers are also specially designed to be thrown overboard during landing operations, either floating ashore or sinking to be recovered at low tide by their valuable cargoes.

Paper parachutes are required to carry food and supplies dropped from the air to isolated men and units, and paperboard containers are needed to protect medical kits, blood plasma flasks, gas masks and various other service equipment.

### Sixth Victory Loan Collections Total \$104,000, Against Quota of \$102,000; Still Three Days to Go

As was confidently expected by the local War Finance Committee, Coleman has once again gone "over the top" in surpassing its \$102,000 quota which was reached early Tuesday morning. With several days additional canvassing the quota will be passed by several thousand dollars. Last loan the final figures stood at \$111,000 for a \$102,000 quota.

Coleman did not go over the top as quickly as had been anticipated. However this was not the fault of local subscribers. Sickened by the outbreak and sales organization from the outset and could not less than four salesmen to go to the sidelines at one time or another during the loan. Then social functions in town caused the salesmen to lose four additional days with no canvassing being done. Then the May Day holiday was another day that was lost due to so many residents being away from their homes in the evening.

Committee Chairman Wm. White and Unit Organizer Frank Abousaif have both voiced their appreciation of the support given the local campaign by the public and of the manner the salesmen were received while soliciting.

565 applications have been secured so far in the Sixth Victory Loan and it is fully expected that more applications will be received this loan than last.

The public is more and more the value of bonds. As a result the job of the salesmen is not as hard as

it was during the early Victory Loans. The fact that they can turn their bonds, when necessary demands, into cash with a minimum of delay has helped allay the fear of many that they would be unable to secure their money should sickness or emergency strike quickly.

BELLEVUE HILLCREST LED  
Congratulations are extended to Walter Warn and his henchmen of the Bellevue-Hillcrest unit. This unit went over the top last Friday morning to lead the Pass. Walter evidently hit the jack-pot during the last two days, \$22,000 and \$10,000, to go over handily.

Proper canvassing of the Hillcrest district this loan resulted in that village subscribing three times as much as it did in the Fifth loan. Bob Henderson was in charge of the Hillcrest canvass.

BLAIRMORE OVER THE TOP  
By Tuesday night Blairmore, with a quota of \$88,000, had reached the fire sum of \$88,550. Accordingly, all Pass towns are well beyond their objectives.

PENNANT-BEARING PLANE  
AT COLEMAN

With four full days still to spare, Coleman has passed her National Loan objective of \$102,000. In acknowledgment of this achievement an aeroplane visited our town on Wednesday, May 10, at 4.10 p.m. and dropped the coveted pennant which is awarded to those localities which have reached their quota. All Pass towns will now be flying such pennants.

### RED CROSS MAKES ANOTHER SHIPMENT

The Coleman branch of the Red Cross has forwarded another shipment of goods to provincial headquarters. It is only about a month since a similar shipment was made. This time the following items were included: 7 quilts, 10 boys' undersuits, 1 boy's sweater, 30 sheets, 8 turtle-neck sweaters, 2 men's sweaters, 160 handkerchiefs, 10 T-bands, 10 pillow cases.

### Mrs. Nickolas Kuryluk Died at Vancouver

The many friends in Coleman and the Pass of Mrs. Nickolas Kuryluk, will regret to learn of her death at Vancouver, B.C. on Tuesday, May 9th, 1944.

The deceased was 52 years of age and was born in Strakonitz, Czechoslovakia, April 22, 1892, and came to Hosmer, B.C. in 1912, moving to Bellevue, Alberta, in 1915, where she continued to live until Oct., 1942, when she moved to Vancouver.

Mrs. Kuryluk leaves to mourn her death her husband, Nickolas Kuryluk, two daughters, Mrs. J. Holyk and Mrs. H. Hewitt, both of Coleman, one son, Harry, now attending the University of Toronto, and two grandchildren.

The funeral service will be held at 4 p.m., Sunday, May 14, at the Funeral Home, Blairmore. Interment will be made at Coleman.

### AIRCREW FOR RCAP WANTED IMMEDIATELY

The demand for Aircrew for the RCAP has again become paramount. Changes in age limits for Aircrew have been made.

Age limits are now 17½ years of age to full 28 years. Candidates under 18 years of age will be posted on leave without pay until they reach their 18th birthday.

Full time students, Air Cadets, or others fully qualified, who have passed the age of 17½ years and have not reached 18½ years may be enlisted and placed on leave without pay to report for duty after they have attained their 18th birthday, and prior to reaching the age of 18½ years. Ground crew are not required at the present time.

Flying Officer A. Muir, interviewing officer of this recruiting centre will be at the Greenhill Hotel, Blairmore, Monday, April 24th, from 2 p.m. to 10 p.m. Those interested are cordially requested to see him regarding Aircrew qualifications. Applicants will be under no obligation whatsoever.

It is difficult to visualize a shortage of manpower when two snouners are available for a fifty second radio commercial-Indianapolis News.

A woman who works in a bomber factory on the day shift says: "The unit we build at home is the only pattern for unity in our department at the plant."

### Elks Doing Fine Work for "Save the Children Fund"

During April the Benevolent and Protective Order of Elks of Canada and Newfoundland turned over an additional \$17,000. to the Save the Children Fund, bringing their total givings within the past two years to more than \$47,000. J. C. McRuer, K.C., Toronto, chairman of the fund, announced today.

More than \$15,000, contributed by the Elks in April came from the lodge at Kamloops, B.C., where a drive to reach this objective had been sponsored for some months. Regina Lodge held a tag-day and was successful in raising over \$600.

Established in Britain a quarter of a century ago to relieve suffering European children, the Save the Children Fund now cares for thousands of British children enduring hardship because of the war or left homeless by enemy bombing.

Under an "adoption" scheme, money goes to provide food and clothing for undernourished and sick children living in their own homes. As well, junior clubs and play centres are provided where they are given a sense of security offered friendship and guidance.

Recent bombings over Britain make the support of the Fund's work even more urgent. Twenty-six residential nurseries in rural England, Scotland and Wales have been set up. City daytime and nursery schools have been established to care for children of working mothers who want to keep their children with them as long as they can. One of these schools has children of 10 different nationalities.

The Fund also sends mobile canteens and kitchens up and down lonely rural areas to serve hot nourishing meals to school children. When these mobile canteens are no longer needed in England, Fund officials plan to use them in Europe.

### TENNIS CLUB NOTES

The Coleman tennis courts are now in playing condition. Many thanks to the boys of the 1943 junior club who have worked most faithfully in preparing the courts. Mr. R. Shone takes this opportunity to thank the members of the above mentioned club for the unstinted assistance which they gave in preparing for this season's tennis.

Any person interested in joining the tennis club, please get in touch with Mr. Shone or any member of the club.

Galloway, Highland and Welsh cattle, for example, are suited to cold, rough mountain land; British Friesian for milk production, and Jersey and Guernsey for cream and butter. Though Britain will have few cattle after the war, it is expected that the quality of those which will be available and the technique of British breeders will be of service in restoring the sources of food supply in the devastated and pillaged areas of the world.

## PALACE THEATRE

HIGH-CLASS ENTERTAINMENT

### Program For Coming Week

Thursday and Friday, May 11 and 12

DOUBLE PROGRAM

Joan BENNETT and Milton BERLE, in

"Margin For Error"

also Frances DEE and Tom CONWAY, in

"I Walked With a Zombie"

Saturday, Monday and Tuesday, May 13, 15 and 16

NELSON EDDY, in

THE ALL TECHNICOLOR PRODUCTION

"Phantom of the Opera"

also NEWS NOVELTY and CARTOON

Wednesday, Thursday and Friday, May 17, 18 and 19

DOUBLE PROGRAM

Stan Laurel and Oliver Hardy, in

"DANCING MASTERS"

also Preston Foster, in

"LITTLE TOKIO U.S.A."

Cole's Theatre, Bellevue

Saturday, Monday and Tuesday, May 13, 15 and 16

PAT O'BRIEN and RANDOLF SCOTT

in

"Bombardier"

also NEWS and NOVELTY

### "Mother's Day" Sun., May 14

The celebration of the second Sunday in May as "Mother's Day" has become a custom that is widespread throughout all of North America. It is said to have been commenced by Miss Anna Jarvis of Philadelphia about 75 years ago. Deeply feeling the loss of her beloved mother, Miss Jarvis set apart this one day each year to be observed as a tribute to her mother's memory. After a time others learned of, and adopted, the custom. Then the thought was added that we should offer

flowers for the living mothers, as well as for the memory of those departed. The movement grew apace, until now it is continent-wide. In these times of war the place of mother in the home is especially valuable; it is essential to the life of the family and of the state. Memories of mother is indeed one of the great saving factors of humanity in times of distress. So on Sunday, May 14 we offer flowers for the living mothers; and we wear them in respect to the memory of those departed.

### Cigarette Fund Notes

Canadian Legion,

Dear officers and members, I have just received another 300 cigs. which are coming in regularly now, and I thank you all; they are really appreciated.

Cheerio all,  
Harman Hirsch.

Thank you very much for the cigarettes I received from you the other day. They were held up for a while, but finally arrived. I hope everything over there is well as can be under the circumstances. Best regards to all my friends, and thank you all again.

LAC Alfred Jones.

Dear Mr. Houghton,

I received the one pound of pipe tobacco some time ago but could not get around to acknowledge it any sooner. Just the same, thanks a million. I hope at this time next year you won't have to send me any more tobacco as I figure it will be all over by that time. Say hello to all the old timers in Coleman. As ever, a Colemanite, Sgt. Volindorf.

Dear Harold: Received your parcel of cigs a few days ago, wish to thank you very much for them. By all accounts you have had some of old man winter again. But by now I presume you are having lovely weather. For the past few days it has been rather mucky here. It has changed for the better today though, I hope so anyway. Again thanking you for your kindness,  
—J. Howarth.

Hello All: Many thanks again for the cigarettes. Everything is fine here. Hope everyone at home is fine. Say hello to all. We're getting some real summer now. They say it's a little hotter in Germany and France. So long and all the best—Oliver.

Dear Sirs: I received another carton of your cigarettes, which I'm more than thankful for. Thanks to the people who make it possible to buy them because they sure come in handy over here. Everything is all right in Italy and I hope it's better back in good old Alberta.—Gnr. R. J. Garrett.

### TOWN OF COLEMAN

## Clean-Up Week

The dates of May 12 to May 24, has been declared as CLEAN-UP TIME in the Town of Coleman.

All persons are hereby requested to Clean Yards and Remove Ash Cans, Wood Piles, etc., from Avenues and Streets, prior to inspection by Chief of Police.

By order of  
COLEMAN TOWN COUNCIL.

Easy to roll, delightful  
—to smoke

**Garden's**  
FINE CUT CIGARETTE TOBACCO

## Education In Europe

ALLIED WAR CORRESPONDENTS in Italy report that work has already been commenced on the task of reorganizing the educational system in that country and of ridding the text books and curriculum of Fascist propaganda. For over twenty years the history taught to children in Italian schools has been distorted to suit the purposes of the Fascist Regime, and similar distortions have been made in any subject where an opportunity appeared. The harm which has been done by instilling the false principles of Fascism and Nazism into the minds of the youth of Italy has been amply demonstrated, and it is agreed that work cannot be commenced too soon on the task of cleansing the educational system of this influence. Text books are being re-written to replace those which were formerly used, but much more difficult than the revision of texts will be the process of rationalizing the minds of the thousands of Italian students who have passed through Italian schools during Mussolini's Regime.

### Nazi Ideas Are Widely Taught

This problem applies not only to Italy, but to Germany and to all the countries which have been under Nazi domination. With complete thoroughness, the Germans have used the schools as a means of perpetuating their system of government. To this end, they have seized or destroyed text books containing anything favourable to democracy, and eliminated all teachers who were not in sympathy with Nazi ideas. In some of the Occupied countries, the German language has been enforced in the schools, to the exclusion of the national language. The grave effect of all this on the minds of school children is realized, and the governments of Occupied countries, exiled in Britain, have made plans for a complete and far-reaching reorganization of education when peace is restored. In October, 1942, a conference of Ministers of Education was held in Britain, with the object of discussing and exchanging views on general problems of education in Europe and the United Kingdom.

### Many Nations Study Problem

The countries represented at this conference included: Belgium, Czechoslovakia, Greece, Holland, Luxembourg, Norway, Poland, Yugoslavia, and the French National Committee. The chairman was Mr. R. A. Butler, president of the British Board of Education, and observers were present from all the British Dominions, India, the United States, Russia and China. Much practical work has been accomplished as a result of this conference, at which several commissions were appointed to consider specific problems. A commission on books and periodicals has made progress in arranging to supply libraries and educational institutions in Europe after the war, and already over forty sets of books and periodicals have been purchased for this purpose. A further undertaking is that of a committee of Allied historians who are planning the publication of two books, a History of European Civilization for pupils from sixteen to eighteen, and a Handbook of suggestions for teachers of history in all types of schools. The Allied Ministers of Education hope that in addition to re-establishing sound educational systems in their own countries after the war, they may also lay foundations for "inter-Allied, and eventually international co-operation in educational matters in the post-war world."

**F**amous for flavour since 1892 —  
the 'Salada' name assures you  
of a uniform blend of quality teas.

**"SALADA"**  
TEA

#### FLOUR MAGNATE

A British flour magnate, Joseph Rank, who gave away millions from a business originating in a windmill he purchased when he was 21, left only \$315,000 when he died. He was 89. His philosophy was "get all you can, save all you can, and give away all you can." He gave away some \$9,000,000 to the Methodist Church alone.

From medieval times, Estonia was fought over by Germans, Swedes and Russians.

JUST PAT ON  
**SLOAN'S**  
LINIMENT  
for stiff, aching joints

YOU WOMEN WHO SUFFER FROM  
**HOT FLASHES**

If you suffer from hot flashes, dizzy spells, irregular periods, are weak, nervous—due to the "middle-age" period in a woman's life, take Lydia E. Pinkham's Vegetable Compound. It's helped thousands upon thousands of women to relieve such symptoms. Pinkham's Compound is also a fine stomach tonic! Worth trying! Made in Canada.

#### Not Easy Job

To Plan And Carry Out Invasion On A Large Scale

At the back of this problem of landing (an invasion army) lies the greatest system of military administration ever known. Each division will need 80,000 tons of shipping to get it across. Then the real problem of maintenance begins. Every division will need 350 tons of supplies daily. These supplies have to be taken over and great depots established on the other side. The home dumps must always be kept full. The Germans say the number of our divisions may be 50. That is a guess, but even if we assume half this figure it would mean that the daily requirements would be in the region of 10,000 tons to be handled by rail here, shipped across and transported on the other side.—Leeds Yorkshire Post.

#### SUBJECT TO CORRECTION

The Ottawa Citizen says: As currently estimated by the U.S. Bureau of Standards, and subject to correction if anyone wishes to cavil, the weight of the world in tons is six followed by 21 ciphers, or in plain figures 6,000,000,000,000,000,000,000. That seems to take it definitely out of the lightweight class, though on recent performance we believe that it weighed in the balance it still would be found wanting.

Cotton is used in self-sealing gasoline tanks for airplanes.

#### Hazardous Job

Salvage Operation By Canadian Navy Sets Example

Salvage men of the Royal Canadian Navy a few months ago were commended by the United States War Shipping Administration for their part in a hazardous job. A Liberty ship had been turned into an inferno of flames and fumes after a collision with a tanker. Towed into an eastern Canadian port, the vessel was beached and successfully salvaged.

Not everyone is called upon to do dangerous and difficult work like this but in many cases the salvage of paper, rags, fags and bones in Canadian homes can be almost as important as the salvaging of a flame-scattered cargo.

Waste paper, especially brown paper, containers and corrugated paper are now urgently required because of the great scarcity of virgin pulp wood, and because of the greatly increased need of paper containers for the packaging and shipment of food and munitions supplies to Canada's armed forces overseas and at home.

Rags are an important salvage item for they are urgently needed by the Royal Canadian Air Force and by many of the country's largest munitions factories.

Fats and bones, salvaged from Canadian kitchens, by every Canadian kitchen commando, are required for the preparation of basic ingredients for ointments, pharmaceuticals, etc., and soap for hospitals and Canada's armed forces.

#### SMILE AWHILE

Brown: How are you getting along at home since your wife went away.

Smith: Fine! I've reached the highest point of efficiency. I can put my socks on from either end.

Miss Green: I know he's rich, but isn't he too old to be considered eligible.

Mrs. Brown: My dear, he's too eligible to be considered old.

"All extremely bright men are conceited."

"He shrugged gracefully."

"Oh, I don't know; I'm not."

"My young lady is terribly deaf, and I'm in awful trouble, Bob."

"Well—"

"I had to yell so loudly when I proposed to her that the woman next door has sued me for breach of promise."

"Why are you wearing spectacles, old man?"

"Well, through crossword puzzles I've contracted an optical defect. One eye travels vertically and the other horizontally."

"Do you find it more economical to do your own cooking?"

"Oh, much! Since I have been cooking my husband only eats half what he used to."

Man:—So my speech at the dining last night reminded you of the days when we were courting. How was that?

Wife:—I thought you would never come to the point.

"And is the prince Ignorant?" asked the reporter, referring to a titled guest.

"Well, no sir," replied the hotel porter. "I don't know as I'd say that. But it's certainly 'a few.'"

Bill:—I hear they have taken the early morning train off your route. Do you miss it?

John:—Not since they have taken it off!

"Will you marry me if I have my health rejuvenated?" asked the millionaire octogenarian.

"I'll marry you, all right," said the sweet young thing, "but you leave your health the way it is."

"Why is marriage like a cafeteria?"

"Because you grab what looks nice to you and pay for it later."

"You've been here two years and never complained," she said to her cat-skinner boarder. "What are you leaving for now?"

"I just found out you ain't got no bathtub."

#### CARRIED IN TANKS

War Services Minister LeFleche said in the Commons that comforts for Canadian troops in Sicily and Italy went to these areas in the same boats as the soldiers and were packed in tanks. The tanks, filled with cigarettes and other comforts, "of course were emptied of the comforts before they went ashore." The comforts were carried ashore separately.

## Price Control And Rationing Information

Q.—Since meat rationing has been suspended, is there still a price ceiling on meats?

A.—There certainly is a price ceiling on meat. Butchers and all those selling meat at retail must have the regular meat charts posted in their stores in a position where the consumer may see them. These charts show the cuts of meat and the prices at which the storekeeper is allowed to sell them.

Q.—We have a little green house and sell boxed plants in the spring. We want to know if we can raise the price from 25c a box to 30c a box. We think 25c is not enough with the high price of seeds and soil.

A.—Garden plants that you mention are classified as plants and are exempt from the maximum price regulations.

Q.—What is the necessary procedure to secure a ration book for my new baby?

A.—A ration book for the new baby may be obtained by applying to your local ration board. Any adult member of the family may secure it for you. You should have either the baby's certificate or baptismal certificate. If these certificates cannot be obtained the person applying for the book will have to sign an affidavit on the form provided.

Q.—Thanks for sending me that grand little booklet on how to make clothes. Some of my friends and I have the book in which you make copies. Can they get them now?

A.—There are still copies of the Consumer's Guide Booklet available. Write to the nearest War-time Prices and Trade Board office in your province for copies.

Please send your questions or your request for the pamphlet "Consumers' News" or the Blue Book (the book in which you keep track of your ceiling prices) mentioning the name of this paper to the nearest War-time Prices and Trade Board office in your province.

## For Eczema—Skin Troubles

Make up your mind today that you are going to give your skin a real chance to be healthy. Get the Eczema Ointment and get an original bottle of Eczema Ointment. It is the only Eczema Ointment that has been used by thousands of people. The very first application will give you relief. The itching of Eczema is quickly stopped—eczema dry up and scale off. Itching, redness, and soreness disappear. Remember that Eczema Ointment is a clean, powerful, non-irritating ointment that does not stain or leave a greasy residue. Complete satisfaction or money back.

#### GEMS OF THOUGHT

##### BEAUTY

Every trait of beauty may be referred to some virtue, as to innocence, candor, generosity, modesty, or heroism.—St. Pierre.

Goodness is a special kind of truth and beauty. It is truth and beauty in human behavior.—H. A. Overstreet.

The most natural beauty in the world is honesty and moral truth.—For all beauty is truth.—Shafesbury.

To cultivate the sense of the beautiful, is one of the most effective ways of cultivating an appreciation of the divine goodness.—Bovee.

The recipe for beauty is to have less illusion and more soul, to retreat from the belief of pain or pleasure in the body into the unchanging calm and glorious freedom of spiritual harmony.—Mary Baker Eddy.

Who walks with Beauty has no need of fear;

The sun and moon and stars keep pace with him;

Invisible hands restore the ruined year,

And time, itself, grows beautifully dim.—Robert Nathan.

## "Threw away my shrank laxatives"

"Out they went, all harsh embarrassing purgatives. For my constipation turned out to be due to lack of 'bulk' in the diet. So gentle ALL-BRAN proved themselves."

Yes, ALL-BRAN is for you, if your trouble is due to lack of "bulk" in the diet. Here's what you do. Eat KELLOGG'S ALL-BRAN regularly.

ALL-BRAN is a healthy, natural source of water. This pleasant cereal helps to produce smooth-working "bulk," and prepare wastes for easy elimination. You'll want this regularly, so you'll enjoy eating ALL-BRAN daily. Remember it's a cereal—not a medicine. At your grocer's. 2 handy sizes. Made by Kellogg's in London.



YOUR FAMILY WILL ENJOY "LEFTOVERS"

Served this way

CREAMED MEAT A LA PREMIUM

White Sauce  
Cooked Meat  
Christie's Premium Soda Crackers  
with the wonderful flaky texture

Cube meat, add to highly seasoned white sauce; heat thoroughly and for an easy-to-prepare, tasty treat, serve on Christie's Premium Soda Crackers. Because these crisp, flaky crackers are so full of rich flavor, they bring out all the goodness of favorite dishes. Always keep a package or two on hand.

**Christie's Biscuits**

There's a wartime duty for every Canadian.

CHRISTIE, BROWN AND COMPANY LIMITED Bakers: TORONTO & WINNIPEG



## GARDEN NOTES

#### Garden Pests

Beginners are inclined to worry too much about insect and other garden pests, experienced gardeners believe. True, there is almost one special insect for every plant that grows in Canada. As a rule, however, if we keep our garden growing and healthy through regular cultivation, in many cases the plants will outgrow most of the damage. But some dusting or spraying is advisable to ward off heavy attacks. Usually we can purchase ready-mixed materials. The important thing is to get these applied just as soon as damage or pests first appear.

#### General Care

The most important job, after a garden is planted, is cultivation. There are others, too, and they should not be neglected but of all of them, the experts agree, timely cultivation heads the list. The major object is not just to destroy weeds, though that is a valuable by-product, but to stir up the soil, to check evaporation of the air and to generally produce a healthy environment for the growing plants.

After heavy rains, which will pound the soil flat and encourage hard surface baking when the sun comes out, it is especially desirable to go over the garden with a cultivator. In the small Victory plot or flower bed, cultivation can be carried out with a hand tool. Where the establishment is larger, a rake, hand-drawn cultivator or a horse or motor-powered scudger or cultivator will do the work.

Most professionals make it a regular practice to cultivate once a week during June and early July, and especially after each heavy rain. One should be careful, however, not to work the soil when it is still wet and soggy. This will do more harm than good as it is liable to pack the ground into hard lumps which will bake in the hot sun. It is important to wait until the garden soil remains moist but not muddy.

#### Concentrate

If the plot of vegetables is very tiny, then authorities advise concentrating on those vegetables which give the biggest yield. This means small, compact things like onions, carrots, beets, lettuce, radish, spinach, beans, and possibly a few stalked tomatoes. With the first five items, even 10 feet of row if given a little attention in the way of thinning, cultivation and perhaps watering and fertilizing, should produce three or four good meals for the fair-sized family. And as the rows can be spaced a mere foot apart, a plot a dozen feet each way will grow a lot. Spinach and beans take a little more space, but 20 feet of row will furnish several meals.

Most stalks will take up more room, but if stacked will go in about 18 inches apart. One plant will grow a big basket of tomatoes, and if all side shoots are nipped off and the plant tied loosely to a six-foot stake it will ripen the fruit surprisingly early.

#### Work By The Moon

London Surgeons Time Operations When Raids Are Least Likely

London surgeons are scheduling larger numbers of operations for the time when the moon is up and the Germans are least likely to raid. There are two reasons: Certain nervous types of patients react better during the operations if their fear of raids is lessened, and as one doctor put it, "not even the most iron-nerved surgeon feels completely at ease when the lights might fail at any minute or the building collapse over his head."

#### STARTS SECOND TRIP

Jean de Vaudreuil, 78-year-old globe-trotter, arrived recently at Prince George, B.C., on his second walking tour around the world. Vaudreuil started out 24 years ago in Vancouver and has walked 80,042 miles since then. This time he is headed for the Alaska highway.

## Television Industry

Extensive Research In Britain Has Brought Good Results

Thousands of ex-servicemen and women will find employment in a comparatively new industry after the war—television. Enthusiasts predict that it will sweep through Britain and make it possible for her people to see the world right in their homes.

J. L. Baird, famous television pioneer, claims that through extensive wartime research Britain will be further advanced than all her competitors, including the United States.

Mr. Baird and British experts already have conducted successful demonstrations of color and stereoscopic (three dimensional) television.

Three sets have been produced. The first is a "cheap" set which would be "the television for every home." It will show three-dimensional pictures both in color and black and white. This set would receive the ordinary BBC programs.

The second set is much the same as the "cheap" one, but larger.

The third set is a luxury model. It would consist of an automatic changer for gramophone records, and an all-wave radio set.

The "television" created by British technicians has eliminated blurred outlines and reproduced faithfully the delicate shadows of color in a girl's hair and complexion.

Since the war started, astonishingly successful results have been achieved in the reproduction of color and life-like effect on the stereoscopic screen.

#### A QUEER BIRD

The South American hoatzin has toes on its wings. Before it is able to fly, the young escapes from danger by diving from the nest into the water below; it uses the extra feet in climbing back to the nest when the danger is past.

**CRANKY RESTLESS WAKEFUL?**

We can often blame nervous tension for nervous feelings and fears. And in these days, thousands of nervous people long to get a real grip on themselves... they yearn for quiet nerves. Many are taking Dr. Miles Nerve Tonic. This is a scientific combination of effective sedatives. Nerve helps relieve general nervousness, sleeplessness, nervous fears, nervous headache and nervous irritability. It has been used for this purpose for sixty years. Take Nerve Tonic according to directions and help things along with more rest, wholesome food, fresh air and exercise. Effervescent Nerve Tablets: 50c and 10c. Nerve Liquid: 25c and \$1.00.

**DR. MILES' NERVE TONIC**

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**WAXED PAPER**  
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APPLEFORD PAPER PRODUCTS LIMITED  
MONTREAL TORONTO VANCOUVER

## WESTERN CANADIAN UNITS HAVE AN EXCITING ADVENTURE IN FACING AN ENEMY PATROL

WITH THE CANADIAN FORCES IN ITALY.—There was a Hollywood finish to the adventure of a Canadian corporal who, with five dead Germans at his feet and his Tommy-gun empty, stood alone facing an enemy patrol advancing upon him. He was later wounded in action.

The corporal belonged to a western Canada battalion which engaged the Germans around the Moro valley town of Roatti two days before the Canadian advance across the narrow stream which flows into the Adriatic.

Supported by British tanks, the Canadians held their bridgehead for two days before being withdrawn for another crossing further east.

Maj. R. P. Clark, of Vancouver, battalion second-in-command, telling the story of the corporal, said that just as the Germans were coming up on him the tanks crashed through the brush behind. Literally snatched from captivity, or even death, the corporal pointed out the German positions and the enemy was wiped out by the tanks.

"It was the sort of thing you only see in the movies," said Clark, who added that during his battalion's stay around Roatti, 35 prisoners were taken and about 100 Germans killed.

Another adventurous incident involved Pte. W. G. Packo, Fuller, Man, soldier in another western unit. Packo was one of four soldiers who escaped after being cut off from the rest of their company by German machine gunners north of San Lennardo.

"We started out with the company to attack a hill and were just getting going when one chap was wounded,"

Packo said. "Snipers opened up and of course the mortars had to join in, too. The eight of us somehow managed to get behind the hill."

"There was a building on the right of us which we had cleared earlier in the day so we didn't bother with it. First thing we knew the Jerries were in the building and had surrounded our place."

"One of our machine-gunners was wounded and our lieutenant called to me to get first aid. By the time I got back four of our lads, including the officer, had already been captured."

When he was out looking for first aid, Packo was shelled by the Germans who "opened up with everything they had." Shells were dropping "pretty close" and as each one exploded the blast lifted up his steel helmet, jerking the chin strap around his throat.

Packo didn't know the full names of all the men who escaped with him, but one was Pte. D. McLean from the Okanagan valley in British Columbia.

Engineers have high praise for Spr. M. C. McNaughton, of Myrtle, Man., who, though his bulldozer was under direct fire from German machine guns, made the cut for the diversion across the Moro river.

There have been some strange casualties from shelling. Two men in a slit trench were killed though men standing in the open above them escaped without a scratch. . . . A corporal who took shelter under a truck was crushed to death when shrapnel pierced the tires and the housing collapsed on him.

### Action Leader



Count Carlo Sforza, leader of the Italian Action Party, who is one of the five ministers without portfolio in Badoglio's new cabinet.

### GERMAN GENERAL

Captured By British Officer During A Raid On Crete

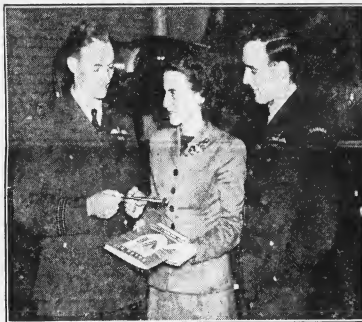
LONDON.—Maj.-Gen. Heinrich Kreipe, who was captured by British officers during a raid on Crete, had perhaps 20,000 Nazi troops under his command at the time he was seized, it was learned.

Kreipe was commander of the 22nd Panzer Grenadiers, known as the Sevastopol division, and holds the knights cross of the Iron Cross. Announcement of his capture was made in Cairo.

### MORE MAPS SEIZED

STOCKHOLM.—Two thousand maps covering various Swedish-Norwegian border areas were seized by Swedish authorities in transit from Oslo to Finland, it was announced here. The maps were the third consignment of German maps which turned up in Sweden in recent weeks.

### They Know What It's All About



Here's one Victory Loan canvasser who didn't have to use much sales talk to sell bonds. The two customers are Flight Lieutenants, both holders of the Distinguished Flying Cross, repatriated after tours of duty overseas and now in training as pilots for Trans-Canada Air Lines. They know the war first hand and they know what the Victory Loans mean to men in the heat of battle.

Flt. Lt. John B. Higham, D.F.C., Assiniboia, Sask., (left) was going to school—when, as he says, he wasn't playing hockey—before joining the R.C.A.F. for bombing operations. Flt. Lt. Allan I. Watts, D.F.C., (right), of Calgary, taught school at Athabasca, Alta., before going on raids over Europe and the Middle East. He is married. The canvasser is Mrs. D. H. Christie, whose husband is a R.C.A.F. Flight Officer now instructing in England. She works in the T.C.A. offices at Winnipeg. The photograph was taken in the T.C.A. Link Trainer room where repatriated airmen get some of their commercial air line training before going on the line as pilots.

Our duty—Buy Victory Bonds.

### Canadian Cap Seems To Fit



Subaltern Mary Churchill of the A.T.S. here dons the C.W.A.C. uniform given to her recently in Britain. She makes a nice-looking Canadian, doesn't she?

### AIR TRAINING

Schools Which Are Being Closed Will Be Utilized Again

CALGARY.—Schools in the British Commonwealth Air Training Plan which are being closed as aircrew training centres "will definitely be utilized," and "plans are now in hand" for their utilization, said Air Marshal Robert Leckie, C.B., chief of air staff, R.C.A.F., in an interview here.

Contraction in the air training plan was not a matter of regret, as "it shows we are in the fortunate position" that quantity production of aircrew is no longer necessary, he stated.

"We have achieved our first objective—quantity. Now we can concentrate on quality," in aircrew training, he said.

### NEW ORDERS SEEN

Regarding Compulsory Transfer From Non-Essential To Essential Industry

OTTAWA.—More compulsory labor transfer orders can be expected in the future, Labor Minister Mitchell said in the commons. Mr. Mitchell did not indicate whether any of the orders, which provide for the shift of workers from non-essential industry to essential industry, would be issued soon. He was replying to questions of Howard Green (P.C., Vancouver South) who asked if the government planned to issue orders similar to the seven compulsory labor transfer orders which already have been issued.

Mr. Mitchell said he could not say what industries would be affected by the forthcoming orders.

### ORDER CHANGED

OTTAWA.—Labor Minister Mitchell announced a change in national selective service mobilization regulations to permit "unlimited" postponement from military training for male school teachers instead of only six months as has been the case.

## EPIC STORY OF THE VOYAGE MADE BY SURVIVORS OF THE STRICKEN H.M.C.S. ATHABASKAN

LONDON.—A little motor-boat, its engine mulishly refusing to turn over in a moment of crisis, bobbed on the Channel sea, and her dirty, tired crew and passengers had only seconds in which to decide between certain safety on the French coast three miles away, or risking the fickle Channel water to reach England.

They chose England. A hundred miles and 15 hours later they were taken in tow by a British rescue launch a few miles off the home coast.

Today these six men—some from H.M.C.S. Athabaskan which sank from Nazi torpedoes in the half-light of the early morning of April 29, others from her sister ship Haida which fought many engagements alongside her and avenged her death—told the story of that battle and journey, described by the Royal Canadian Navy as "one of the epic voyages of this war."

Sgm. Tom Eady of Wexford, Ont., of the Athabaskan, told part of the story in a matter-of-fact manner—the part from where their motor finally started as three enemy mine-sweepers swept out from France towards them.

"The roar of our engine was the sweetest music I ever heard," he said. "We scooted north, steering by the North star, which was still just visible. About 9 o'clock, two hours after we started, our motor coughed out again. We rigged a makeshift sail from two pieces of tarpaulin. The motor got going again about five minutes after 11 o'clock, but we only did about four knots."

Two Messerschmitts swept low over the boat, attracted by the wayward sailors who had mistaken them for Spitfires, but the enemy planes left them alone.

"About half past seven in the evening we saw two planes coming in the same way and thought they were the Jerries coming back. Then we

saw the old bullseye. (R.A.F. insignia.) They stayed for an hour and were relieved by two more and a big Lancaster bomber. Then we saw a ship coming. It was an air rescue launch."

Another survivor, AB. Andre Audet of Montreal, said: "After a rescue launch picked us up, all our troubles were over."

He told how the second Nazi torpedo—the one that sank her—tore its way into the Athabaskan's vitals.

"The second torpedo hit us about the second funnel on the leeward side," Audet related. "It was lucky for us the whaler hadn't been lowered. Debris and great blobs of burning oil came showering down. We ducked under the whaler for cover. I put up my hands to cover my face. They protected my face all right, but my hands got burnt."

"The ship heeled over and I rolled under the cutter. A lot more debris came down on top of it. There were more blobs of burning oil falling. I fell over the side and struck out to swim clear. The stern went under first and then the bow reared up and stood on end clear back to the bridge and then slipped back. I was drifting about when the Haids's boat came along."

Sgm. Roy Chadsey, Vancouver, advanced the theory that the first shell which struck and stopped the Athabaskan, leaving her wounded and an easy mark for torpedoes, was not fired by the German destroyers she was pursuing.

"The effects of that first shell-hit were so terrific that I think it might have come from a heavy shore battery," he said.

Survivors of the Athabaskan told how their gallant skipper, Lt.-Cmdr. J. H. Stubbs, clung to a Carley raft with a score of his floundering crew and sang vigorously the salty words of the "Wavy Navy Ballad" to buoy his men's spirits.

## TRANSFER OF NAZI PARATROOPS MADE TO THE DANGER ZONES ON THE GERMANS' ATLANTIC WALL

LONDON.—Canadian troops in the storming of Fortress Europe may find themselves at grips with Hitler's paratroopers who provided such fierce opposition in last December's battle for the Italian coastal town of Ortona.

The Berlin radio has reported transfer of Nazi paratroops from Italy to "danger zones" on the Germans' Atlantic wall and these troops are fanatical specialists in war at close quarters. While the opposition they provided in Italy converted Ortona into a pocket-Stalingrad, they were beaten by Canadians of the 1st Division.

Reports from neutral Sweden say German defenses against what will be history's greatest amphibious operation—include radar-controlled bombs, midget submarines, shore-based torpedo tubes, and offshore

minefields which can be detonated by a button. There also will be coastal artillery.

Four-fifths of the German air force is believed now in the west to meet the invasion, and E-boats and destroyers are expected to appear when waves of invasion shipping arrive.

Behind the defenses along 3,000 miles of coast are expected to be reserve troop pools, from which counter-attacks will develop. Estimates of German strength in the west vary, but the most popular is 50 divisions in France and the Low Countries, five in Denmark, and 12 in Norway.

One version of German strategy is that the eastern front has been left weak on the ground that the last hope of victory depends on beating the invasion. If the threat from the west were defeated, Hitler then could turn his full strength against the east, according to this version.

### AVIATION PROJECT

About Four Hundred Airports Are Planned For Canada

TORONTO.—Plans of the Aeronautical Institute of Canada for development of about 400 airports and landing strips across the Dominion at a cost of about \$20,000,000 were outlined at the institute's second annual convention by President C. Roy Patterson.

Mr. Patterson advocated that the municipalities and provincial and federal governments share equally in the cost of such projects.

### NAZI AIRPLANE

A New Type Has Been Reported By Canadian Airmen

LONDON.—A new type of German airplane was reported by Canadian airmen who hammered railway yards at St. Ghislain, Belgium, in a heavy attack described as "highly successful."

The German plane "was a peculiar looking thing," said F.O. Martin Albers of Mirror, Alta., a Lion squadron bomb aimer. "It was something like a rocket that rose to a certain height and then spurted off on a horizontal plane."

British Foreign Secretary Anthony Eden and Nipper are good friends.

## ALL POSSIBLE DRAFTEES TO BE TAKEN FROM INDUSTRY UNDER EXAMINATIONS NOW GOING ON

OTTAWA.—Labor Minister Mitchell said in the commons he thought that when all possible draftees had been taken from industry under examinations now in progress, future call-up requirements would be met by men reaching the age of 18½ years.

The minister said figures showed that Canada had reached the point where she was pulling her fair weight in the war on a par with other nations.

"That's a condition the opposition, the government and the country should feel rightly proud of," he said.

His department had been conducting a check to see what men could be spared from industry, he continued, answering Howard Green (P.C., Vancouver South), who asked information on where the minister expected to obtain men to meet call-up requirements.

About 100,000 young men reached military age each year and the minister said he could guess that about 50,000 of these would be available for service in the forces under the National Resources Mobilization Act.

Mr. Green said he thought only a small number could be called in the older age groups and he said he wondered if the government proposed to call men into the service at 18 years rather than 18½. Mr. Mitchell replied he could not tell what the future would bring. Men were called at 18 in the United States.

Men on postponement were being re-examined, specially those who had been examined medically by private doctors.

"But we are about at the bottom of the barrel," said the minister.

He could put 160,000 persons to work if they could be found and that indicated what had been done in providing men for the forces and industry.

In a democratic country like Canada, "we have to be more or less cautious in pushing people around."

Mr. Green said the minister should say what class of men on deferment would be called last, and Mr. Mitchell replied that food and equipment supplies could not be depleted without danger.

"Without conscription this country is as well organized as any country on the side of the United Nations, and the figures indicate that every place we can find a man we are taking him for war," the minister continued.



Modern Chivalry  
He (at the movies): "Can you see all right?"  
She: "yes."  
He: "Is there a draft on you?"  
She: "No."  
He: "Is your seat comfortable?"  
She: "Yes."  
He: "Will you change places with me?" —yale Record.

## Serious Labour Shortage

Mr. MacNamara states that during the winter we have enjoyed a temporary lull from the necessity of meeting acute emergency shortages. In fact, there has been too much talk of layoffs and unemployment. Actually there have been few areas with a surplus of labour supply and in few cases has the surplus been large.

We are moving into a year which I am positive will develop into a period of acute labour shortages to a degree undreamed of heretofore. Already the necessities of war require that large numbers of new men and women have to be sent back into plants where there were layoffs a few months ago. Ten thousand men and women are needed immediately for heavy shell manufacture. Packing plants are desperate for help. Railways are pressing for men for shop and track work. Base metal mining is short 2000 men. Foundries and implement plants are also short of labour. We must find a quarter of a million men for agriculture. These and other indications point to the most difficult year we

have had to face in providing man-power for industry. Over and above the problems of meeting the needs of industry we must find 98000 men in "top" physical condition for the armed forces.

We must meet the situation by a more vigorous and rigorous approach to compulsory transfers. We must comb all less essential industry and more people to essential jobs. The mobilization division has called over one million men for examination for the armed forces and over half a million of these have been rejected. I am sure they are not all now engaged in essential jobs. Local offices of the Commission have authority to transfer men employed in industrial industries of establishments included in the Compulsory Employment Transfer Orders to industries where their services are vitally needed and it will be necessary to use that authority vigorously if we are to meet existing shortages in the high labour priority establishments.

### WEDDINGS

St. Alban's church was the scene of a lovely wedding on Saturday, May 6, when L.A.W. Olive Rosemary, daughter of Mrs. Harry Lavallie and of the

late Harry Lavallie of Maple Creek, Sask., became the bride of Flight Sgt. Harry Beatty, youngest son of Mr. and Mrs. R. L. Thomas of Coleman. Rev. J. R. Hague officiated, while Master Donald Graham presided at the organ. During the signing of the register Miss Key Lavallie, cousin of the bride, sang "Because."

The bride, who was given in marriage by Mr. J. Bamling, wore a traditional gown of white bridal taffeta of floor length and featuring a sweetheart neckline. Her chapel veil was held in place by a coronet of apple blossoms, while she carried a bouquet of pink and white carnations.

Mrs. Hazel Jones, sister of the groom, attired in white silk lace over blue taffeta, was matron of honor. Nieces of the groom, Mary Ellen and Betty Mae, dressed in white taffeta gowns and carrying mauve and white colonial bouquets, made charming flower girls. L.A.C. Arthur White, R.C.A.F., was groomsmen; while Flight Sgts. John Harvey and Jack Smea, R.C.A.F., acted as ushers.

Following the wedding ceremony a reception for immediate relatives and friends was held at the home of the groom's parents, where Mrs. Thomas, mother of the groom, and Mrs. Lavallie, mother of the bride, assisted the bride party in receiving the

guests. The former wore a red and white floral two piece suit and navy accessories, with red and white carnation corsage. Mrs. Lavallie wore a navy floral sheer with matching accessories and corsage of pink and white carnations.

The toast to the bride was proposed by Rev. J. R. Hague.

Later in the evening the happy couple left for Vancouver where they will spend their honeymoon. The bride travelled in first class with matching accessories. Upon their return, the young couple will proceed to Paulson, Manitoba, where they are stationed with the R.C.A.F.

### BRACKEN CLUBS WELCOMED TO ALBERTA

Organization of the first Bracken club in the province of Alberta took place at Calgary on April 21. Arrangements are being made for the formation of another Bracken club in Edmonton before the end of the present month. Originating in Winnipeg, sounding the clarion note that better informed electorate is the foundation of better government, recruited from affiliates of all parties and citizens who have never had party affiliations, Bracken clubs are thus staging a friendly invasion of Alberta.

## - Spotighting -



Sgt. Irene Brennan

Sgt. Irene Brennan was born in Scotland in 1918, receiving her education at West Coleman and Central high school. Enlisting with the C.W.A.C. in September 41, Sgt. Brennan is at present stationed in Edmonton.

### A Thumbnail Biography

presented by

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Visiting Brethren cordially invited.

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Maurice W. Cooke, Secretary.

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## SERVING CANADA in WAR and PEACE

[ The 63rd Annual Meeting of Canadian Pacific Share-  
holders was held in Montreal on May 3rd, 1944. ]

Remember how pleasant it used to be to travel on Canadian Pacific trains and ships  
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That was before Hitler unleashed his mad ambitions. It's different now. It has to be—for the World's Greatest Travel System has a big war job to do—and is doing it with characteristic efficiency.

When that job is done—and peace returns—Canadian Pacific will be ready to serve you as before... and even more completely.

Already plans are being made for the construction of new, improved locomotives and coaches... sleeping cars... parlor cars... diners; for the improvement of road-bed and tracks; for the renovation of stations and hotels; for the building of a new fleet of ocean vessels to replace those lost in war service.

This post-war program means much more than the mere restoration of pre-war travel facilities. It means the introduction of travel on a new scale of comfort, convenience and speed!

And more than that. It means a substantial amount of post-war employment and prosperity all over the Dominion, because the program itself will provide years of steady work at good wages for tens of thousands of Canadians.

This is one way in which Canadian Pacific is planning to meet the challenge of peace—while continuing to do a vital war job at home and abroad.



**Canadian Pacific**  
THE WORLD'S GREATEST TRAVEL SYSTEM

### CANADIAN PACIFIC PRODUCT OF FREE ENTERPRISE

LOYALTY AND EFFICIENTLY serving Canada for 63 years, the Canadian Pacific exemplifies the initiative and resource of free Canadian enterprise. The Dominion's first transcontinental railway, it was pushed to completion by a group of far-sighted citizens who lacked their faith in Canada's future with their personal fortunes. Thus, Canadian Pacific has played a major role in the development of the Dominion.

THE WARTIME ACTIVITIES of Canadian Pacific have been indispensable to Canada's contribution to victory. Rail freight traffic has doubled and passenger traffic has increased threefold compared with peacetime.

Canadian Pacific's ocean fleets on the Atlantic and the Pacific have been at the service of the United Nations since the outbreak of the war.

From Canadian Pacific shops have come tanks, guns and other munitions of war to a total value of \$125,000,000. Today approximately 18,000 Canadian Pacific employees are serving in the Armed Forces.

CANADIAN PACIFIC is rightly proud of these records, made possible by the free association of three important groups, each contributing vitally to mutual Canadian interests:

ITS PATRONS—throughout Canada and many other parts of the world.

ITS EMPLOYEES—totalling over 75,000, whose wages and working conditions set a high standard for Canadian labor.

ITS SECURITY AND STOCKHOLDERS—numbering more than 200,000, who have risked their savings as evidence of their faith in the Canadian system of free enterprise.



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First of all you expect colour, fast colour. Then you expect a paint that is smooth, goes on easily. Then you expect coverage and hiding capacity. Most of all you expect wear, something that will stand up against hard use if inside, and if outside, to resist sun, wind and all kinds of weather.

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serve you well, paint products that are worth every penny that you pay!

Look for the store that displays the famous "cover the earth" trade mark. There you will find a merchant who knows paint and who will furnish you with the best product for your purpose—paints that will give you real satisfaction. And he will be glad to lend you the beautiful Style Guide, a large volume filled with many full-colour suggestions for decorating inside and out.

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## THANK YOU CANADA ... but there's still a WAR JOB to do!

OFFICE OF THE MINISTER  
CANADA  
DEPARTMENT OF NATIONAL WAR SERVICES

To my fellow Canadians:—

You the citizens of Canada and members of the Voluntary Salvage Committees and many other Voluntary War Workers have done an excellent war job.

Canada, in doing her part to help win the war, has been greatly assisted by your voluntary and unselfish devotion to the important duty of saving and turning in the essential war materials. You have backed up the boys overseas and the tide of battle against the enemy. When Canada's stock piles have been dangerously low, you have discovered, saved, and salvaged waste material which has been turned into weapons, munitions, explosives and containers. Your Salvage Campaign has been a big one which you have nobly performed.

When at war the past is the past and we must look to the future. Again I appeal to you!

There is another National war emergency which must be met and overcome. Experts on the matter have assured me that there is a critical shortage of Waste Paper and that the Forces who will use them against the enemy. War supplies must be safely packed. As we march on nearer to the enemy more supplies are required by our Fighting Men. More—much more Waste Paper is wanted now.

Paperboard mills are working on a day-to-day basis and Waste Paper is critically low. From now on every scrap of waste paper is to be saved and turned in to the Nation through regular Waste Paper channels.

Fellow Canadians please help!

Yours sincerely,

L. M. LaPléche,  
Minister, National War Services.

## CANADA NEEDS 20,000 TONS OF WASTE PAPER EVERY MONTH

**WHAT IS WANTED:** You can remedy this critical paper shortage by saving every scrap of Waste Paper, namely: wrapping paper—store bags—cardboard—cartons—corrugated board—old magazines and books—envelopes and letters—newspapers. These represent the raw material for making vitally needed paper containers.

**HOW TO DO IT:** Tie securely in separate bundles. (The little time you take will save thousands of man hours.) Then dispose of it through your local voluntary Salvage Committee or other War Voluntary Organization, or sell it through any known trade channels, your pedlar or others. The important thing is to get your Waste Paper moving to the mills.

DEPARTMENT OF NATIONAL WAR SERVICES

### LOCAL NEWS

H. Douglas is a patient in the general hospital at Calgary.

Mrs. D. Wheeler of Lethbridge is the guest of Mr. and Mrs. J. H. Hunter of Sentinel.

Mrs. Fred Jones of Passburg was the guest of Mr. and Mrs. I. Johnson.

Mrs. Martin Kuran returned to her home after spending the past two months at Edmonton.

Mrs. G. Smith and Mrs. G. Beaver of Corbin, B.C. are the guests of Mr. and Mrs. S. Smith.

Mrs. H. Douglas will leave Thursday for Calgary, where her husband is a patient in hospital.

Miss Sheila Devine, R.N. from Vancouver, arrived Sunday to spend a few days as the guest of Mr. and Mrs. H. Boulton.

The Coleman high school is having a visit this week by Inspector Sparby, of Lethbridge, and Inspector Sweet, of Calgary.

Sgt. and Mrs. Archie Malcolm and daughter, of Lethbridge, were recent guests of Mr. and Mrs. C. D. Rogers.

Sgt. Irene Brennan spent a two weeks leave with her parents, Mr. and Mrs. T. Brennan of Coleman.

Mrs. Alec, Armstrong (Nee Cecelia Mitchell) of Drumheller, is visiting friends at Blairmore and Coleman.

Flight Sgts. John Harvey and Jack Smea, both of R.A.F., Pen-hold, are spending the week-end with friends at Coleman.

Miss Lila Bowser of Inlay, Alberta, is the guest of Mr. and Mrs. R. L. Thomas for the week-end.

Mrs. Harry Lavalie and daughter Carol of Maple Creek, Sask., together with Miss Kay Lavalie are guests of Mr. and Mrs. R. L. Thomas of Coleman.

Mrs. V. Wood entertained at two tables of bridge on Wednesday; honors going to Mrs. G. Kinnear (sr.), Mrs. J. Richards and Mrs. H. Gainer.

Mrs. C. D. Rogers is visiting at Calgary and Drumheller this week. While at the latter city she is the guest of her sister, Mrs. Smith.

Mrs. William Wiens, sister of Mrs. John Storm, has come with her children Dennis and Donna Mae, to spend the summer in Coleman. Cpl. Wm. Wiens is attached to R.C.A.F. at Pearce.

Rev. W. T. Young, president of the Alberta Conference of the United church, spent Tuesday, May 9, renewing acquaintances of old friends at Blairmore. He also called on Rev. G. A. Kettys of Coleman. During his early ministry Rev. Young was pastor of the Methodist church at Blairmore for many years.

On Friday of this week a concert, sponsored by the students of Coleman High, will be presented in the Opera House. The program will include several selections by the school choir, a number of Skits, tumbling exhibitions, folk dances and many other items by the students. The students sincerely hope that the people will support them by attending.

### FINANCIAL

#### PERSONAL LOANS for Taxes, Fuel Purchases and other Seasonal Needs

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YOUR ESTATE IS PROTECTED BY LIFE INSURANCE, WHICH THE BANK ARRANGES

Vance, Hulbert, R.C.N., was home over the week end.

We regret that in reporting the St. Alban's tombola drive the name of one winner was inadvertently omitted, namely, Mr. Fred Fisher, whose good fortune it was to win 12th prize, a lace table cloth, with ticket 433.

### The Churches

**ST. PAUL'S UNITED CHURCH** (Rev. G. A. Kettys, Pastor.) Sunday, May 14th: Morning service at 11 a.m. Evening worship at 7 p.m.

Because Sunday is "Mothers' Day" the Sunday school will take charge of the service in the morning. The junior choir will sing. We hope that all Sunday school pupils will remember to come at 11 a.m. instead of 12.15. We extend a very special invitation to all parents and others

who are interested in our Sunday school to attend this service, when we all may pay tribute to our mothers.

**ST. ALBAN'S CHURCH** Rev. J. R. Hague, A.Th., Incumbent.

Sunday school at 2 p.m. Evensong and sermon at 7 p.m.

**THE SALVATION ARMY** Lieuts. S. Nahirney and R. A. Hammond, Officers in charge. Sunday Services:

Mrs. J. Parker, of Fernie, will be in charge of the Sunday services.

11 a.m.—Holiness meeting.  
3 p.m.—Sunday School.  
7:30 p.m.—Salvation meeting.  
Tuesday:  
7:30 p.m.—Red Shield Auxiliary and Home League.

Ration applications issued to men in the armed forces going on short leaves are not valid unless stamped by the issuing unit.

## Pay and Save

**Excel Builders' Supply Company**  
Complete Lines in Doors and Hardware  
PHONE 263 COLEMAN

## AN URGENT CALL TO YOU!



will YOU

## PUT VICTORY FIRST?

will YOU

## BUY VICTORY BONDS?

FRANK ABOUSSAFY, Main St., Coleman

## WE'RE NOT THROUGH YET

## PUT VICTORY FIRST!

There is hard fighting—harder fighting ahead—than in all the previous years of the war. The sacrifices to be faced abroad and the self-denial at home must reach new peaks in the months to come.

It will not be enough to buy your regular amount of Victory Bonds. Buy extra bonds to match the extra effort we expect of our fighters.

## BUY VICTORY BONDS

SENTINEL MOTORS, Phone 55, Coleman

## Posthumous Award



Mrs. M. D. Fee, Calgary, was presented with the Bar to the Distinguished Flying Cross won by her husband, the late Wing Com. Clarke John Fee. The citation mentions "exceptional enthusiasm and brilliant leadership. Presentation was made at Rideau Hall, Ottawa, by the governor-general.

## Good Work

Edmonton Man Who Suffered From Broken Back Same Time Ago.

Again Getting Nazi Planes. A Canadian Mosquito pilot, W.O. M. Simms of Vancouver, who took to the air again after suffering a broken back 18 months ago, shot down an enemy aircraft over a German airfield and damaged two others on the ground, in an early-morning mission.

Simms, a member of the R.C.A.F. City of Edmonton squadron, joined the unit after a remarkable recovery from the back injury. Until rescued after being hurt, he had to stay three days on Snowdon, a mountain in Caernarvon, Wales.

"When we came over the airfield it was a glorious sight to see the Hun fighters practically queuing up to land," he said on his return from the mission. "If we'd had time we could, perhaps, have done better. As it was we sent two one-second bursts into an aircraft and it went straight down."

Returning later, Simms shot up two other aircraft in their dispersal areas.

Simms' navigator, P.O. J. Sharples, Toronto, also had made a recovery from illness. A sufferer from chronic air sickness, Sharples was cured after allowing himself to be used as a test patient for a new cure discovered by Canadian naval and British doctors.

## A Sad Ending

Britain Is The Land Of The Unexpected

Britain today is the land of the unexpected. The unexpected sometimes is happy, but often it is sad.

The world was wrapped in a rosy cloud as far as Elizabeth Smith was concerned. She was young and in less than a few hours she was to become Mrs. H. J. Elcomb. She spread her wedding dress daintily on the bed and admired it for awhile—not knowing that in a few hours she would be wearing black instead of white.

A bomb struck the Elcomb flat and killed the husband-to-be and other family wedding guests who had already arrived to escort the bridegroom to the church.

News of the tragedy was brought to the bride in the midst of telegrams congratulating the bride and groom on the marriage that would never take place.

## Has Wider Meaning

Warning To Ottawa Club Members Applies To Many People

The following is from a circular recently sent to members of the committee of an Ottawa club:

"During recent months there have been a number of inelegant fires in the club, three of them having occurred within the past three weeks. In every instance the cause was gross carelessness in the use of cigarettes."

There's a moral for more than the members of clubs, says the Ottawa Journal.

## WORLD'S BUSIEST JUNCTION

Two thousand five hundred trains run in and out of Clapham Junction Southern Railway every day, making it not only Britain's busiest junction but the world's. It covers nearly 35 acres, but its platforms are comparatively short, the longest being just over 700 feet, less than half those of more important stations.

The range of the early piano was only four octaves. 2567

## WORLD HAPPENINGS BRIEFLY TOLD

Twenty-five per cent. of the imported foreign laborers in Germany are women. They work from 13 to 15 hours a day.

Capt. Thomas West of the Royal Navy made 86 sallies into "E-boats" during this war. His reward: the O.B.E.

Foreign Secretary Eden traveled 23,500 miles in attending the conferences at Moscow, Cairo and Tehran in two months.

Boeing Aircraft of Canada delivered \$25,000,000 worth of planes and other equipment last year, according to the annual report.

A 10,000-ton American Liberty ship to be launched in July will be named the Stephen Leacock in memory of the Canadian economist-humorist.

In four and one-half years of war, British lifeboats have rescued 5,547 lives, an average of 24 every week. In the First Great War the weekly average was 19.

Rudolf Messerschmidt, 70-year-old Jerusalem resident from Switzerland, applied to the government for permission to change his name to Rudolf Spittke.

In the last 12 months, 15,500 cadets of Britain's air training corps have been taught various stages of gliding. The corps, now three years old, numbers 170,000 cadets.

The agriculture department announced 115,000,000 pounds of vegetables were grown in 1943 in 209,200 wartime gardens in Canadian cities with populations of more than 1,000.

## Creates Problem

Larger Size Planes Require Runway Like Main Highway

Increase in plane size and performance creates a problem to the men who build the runways on airfields in England. The added pressure creates more wear and tear on the runways and all fields which are not used exclusively for light aircraft, must have runways built like a main highway. Most of these have from 9 to 12 inches thickness of concrete from 50 to 100 yards wide. Besides the main runway in the prevailing wind, an airfield usually has two subsidiary runways, for taking off into winds that deviate from the prevailing one.

Buy War Savings Stamps Regularly.

## Railway Man Loses Hands In War But Signs Up For Victory Bond



"All out for victory" said Raoul Audet demobilized as Major in the Canadian Active Army to re-establish himself in civil life as station agent at Levis, Que., for the Canadian National Railways with whom he had been employed as relieving agent prior to joining the Chaudiere Regiment in September, 1939.

While serving overseas Major Audet lost both hands in a grenade explosion. After hospitalization he

adapted himself to the use of devices performing many manual functions and became so adept as to resume his use of a telegraph key.

In the photograph Major Audet (right) is seen with J. A. Trudel, Canadian National superintendent of the Levis division, signing for a bond of the Sixth Victory Loan issue. Major Audet, with personal experience and knowledge of what war means, declared "We must put Victory First".

## Splendid Fighters

Natives Of Fiji Islands Doing Their Bit In This War

When Kipling wrote of the "Fuzzy Wuzzies" he was not describing the natives of Britain's principal Pacific colony; the once cannibal isles of the Fijis, but he might have been. The Fijian's kinky hair, worn in that fashion for protection against the sun, makes the name fit him as a cartridge does its chamber. Once one of the most warlike of the races or tribes of Oceania, the Fijian has changed under 75 years of misadventure and humane colonial administration to a peaceable and respected citizen of the British empire.

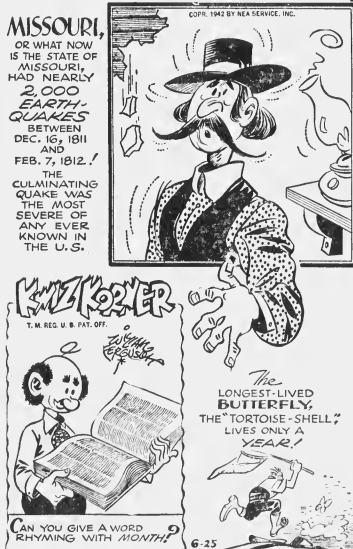
That he still is a mighty warrior when the occasion demands, however, is attested by the story from Bougainville that a Fijian battalion fighting there with the United States troops ran up a score of 125 Japanese dead against one Fijian killed and two wounded. Kipling's "Fuzzy Wuzzies" never fought that well. No white battalion has bettered that record.—New York Times

## EVERYTHING GOES

When native tribesmen of West Africa visit friends or relatives for more than a couple of days, they take nearly all of their personal belongings and livestock along.

## THIS CURIOUS WORLD

By William Ferguson



## REG'LAR FELLERS—Simple Receivership



## A Big Order

Says Russia May Purchase Hydro-Electric Equipment In Canada

The Toronto Globe and Mail says in an Ottawa dispatch that the Russian government is negotiating through its trade representatives in Canada for the purchase of Hydro-Electric generating equipment to replace Dnieper installations destroyed in the German advance in 1941.

"While the amount and details of the proposed deal are a closely-guarded secret, it is understood that the cost of the equipment would be in the neighborhood of \$25,000,000," says the story. It said the Canadian government would guarantee low-interest bank credits to equipment manufacturers to finance the manufacture.

The lowest temperature ever recorded in Rome was 16 degrees above zero.

## Medal Could Wait

Corporal Was More Interested In Winning Poker Game

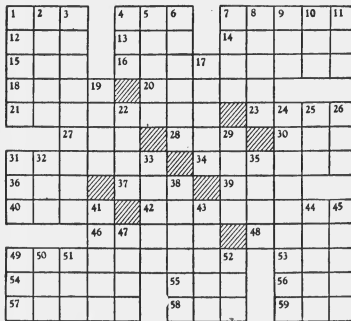
Corporal Josh Sullivan of the Australian Army has done well in the Ramo Valley fighting, so well that he was given a Military Medal. He was in the hospital at Melbourne when it arrived so the Colonel took it along to the ward. A poker game was in progress and Josh was well in it. He drew the Colonel aside and whispered, "I'm holding well, Colonel; do you mind if we finish the hand?" The Colonel waited.

## NO EXCESS POSSIBLE

Francis Bacon, in his Essays said: "The desire of power in excess caused the angels to fall; the desire of knowledge in excess caused man to fall; but in charity there is no excess; neither can angel or man come in danger by it."

## x-x OUR CROSSWORD PUZZLE x-x

No. 4882



- HORIZONTAL**
- 1 East-Indian tree
  - 4 Literary tree
  - 7 To look fixedly
  - 12 Sea-eagle
  - 13 Bulgarian
  - 14 Constellation
  - 15 To make lace
  - 16 Interests
  - 18 Roman highway
  - 20 Mutual understanding
  - 21 Gigantic
  - 22 Agile
  - 23 Vast age
  - 26 French coin
  - 31 To regret
  - 34 Succulent vegetables
  - 36 Ember
  - 37 Waver
  - 38 Ecclesiastical vestment
  - 40 Beams
  - 42 Those holding office by virtue of title
- VERTICAL**
- 1 Non-citizen resident of Attica
  - 2 Muse of poetry
  - 3 Completeness in general
  - 4 Beverage
  - 5 Bond
  - 6 Thoroughfare
  - 7 Kind
  - 8 Shallow utensils
  - 9 Isle
  - 10 Fish eggs
  - 11 Belief
  - 17 Whitefish
  - 19 Source
  - 22 Conceited person
  - 24 Proceeding designed to test character
  - 25 To flow
  - 26 Affirmative
  - 29 Sloth
  - 31 Distant
  - 32 Man's name
  - 33 Networks
  - 35 Wrong
  - 38 Aslant
  - 41 Parties
  - 42 Colloquial: small
  - 44 Monetary unit of British India
  - 45 Sound made while sleeping
  - 47 French actress
  - 48 Gaudy's high note
  - 50 Norse deity
  - 51 Edible mollusk
  - 52 English river

Answer to No. 4881

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## LIFE'S LIKE THAT

By Fred Neher



## BY GENE BYRNES



"YOUR BREAD IS TOPS!"



"MY YEAST IS TOPS!"



**ENSURES EASY BAKING—MAKES LUSCIOUS, SWEET-TASTING, EVEN-TEXTURED LOAVES**

**WRAPPED AIRTIGHT TO PROTECT POTENCY—ALWAYS DEPENDABLE!**

**OUR COMPLETE SHORT STORY—**

**HOT BACON**

By FRANK BENNETT  
McClure Newspaper Syndicate

When fire was discovered in the forward hold of the *Dvina*, every man except Easy Relly turned pale. The fire didn't seem to excite him much. He just let out a few good American cuss words and bellowed, "Let's put the fire out!"

But the rest of us had just one idea about it—to get away. You see, there were ten tons of ammunition—everything from machine gun cartridges to fifty-pound bombs—packed in boxes marked BACON and stored in that hold. Besides, there was the South American coast within sight. No, sir, we didn't bother to put out the fire. We made a rush for the two lifeboats, ripped off the canvas covers and climbed in. That is, every one did except Easy.

Easy had one leg over the gunwale of my boat when Dutch Joe said in German, "To think of all the money we were going to get out of that ammunition—it makes me sick!"

Now, Easy didn't know much German, but he did know the word for money. He lifted his foot out of the boat. "Money," he said in English. "I gotta have money. Why, Sadie

and me can't get married if I don't get my money." And he turned right around and started for the hold.

"Come back here, you idiot!" I yelled after him.

"Maybe that fire ain't so bad as you boys think," he said, keeping right on his way. "Maybe it can be put out easy."

I got up with the intention of going after the big boob and dragging him back to the boat, but Captain Yost roared, "Sit down, sir! Lower the boat!"

The last glimpse I had of Easy was his big blond head disappearing into the hatch. Then the boat went over the steel rail and settled into the water. Someone shoved an oar into my hands, and I fell into the stroke. Swiftly we began pulling away from the *Dvina* and her ten tons of hell-raising "bacon".

I sat facing the ship. Smoke poured out of the forward hatch; big white billowy clouds of it. The air was still, and the sea was as smooth as glass. That smoke spread out and hung in the sky like a big circus tent, and down there among those bacon boxes was Easy Relly—big, dumb, good-natured Easy.

I'd run across Easy in—well, no matter where. He was broke and out of a job—and homesick. When he learned that I was from the States he nearly cried for joy. Then he showed me Sadie's picture and told me about a dairy farm somewhere in Wisconsin. He wanted Sadie, and she wanted the farm—and that took money.

"How would you like to help run some supplies through the blockade?" I asked. "It's a gamble—a long shot, but if we make it you can buy the farm and more cows than you and Sadie can milk in a forty-eight-hour day. It's dangerous, but—"

"When do I start working?" he interrupted.

Easy was a poor sailor, scold home between the ears, but he had one saving virtue, and that was his strength. He could carry those boxes of ammunition around as if they were really filled with bacon, and do it easily. In fact, he could do any kind of hard work easily if someone had the patience to teach him how. I guess that's why he got his nickname.

In spite of his thick headness he wasn't a bad sort, and since he and I were the only Americans on board we were together a lot. He talked most of the time about Sadie.

I was thinking of all this as we put more water between us and the ship and how I had got Easy into this mess, so I leaned back on my oar and said in German, "Captain, that fool kid may come to his senses before it's too late and jump overboard. Let's hold up and see what happens."

"No," Captain Yost said. "We're too close to stop."

"Look!" cried Dutch Joe. "There's the fool now."

Sure enough, there was Easy leaning over the rail of the *Dvina*, shouting something we couldn't understand.

Yost cupped his hands and bellowed, "Jump, you fool, jump!" Then, remembering Easy was pretty weak in German, turned to me: "You tell him, Stanton."

I got up and shouted, but Easy just stood there waving his arms and yelling back. "We're too far away," I said at last. "He can't hear me."

There are BONDS between us



**TOGETHER WE Put VICTORY First!**

We've got to keep delivering the goods to back up the final mighty attack that will bring Victory. That means curtailing pleasure and luxury; it means still more saving and working. It's the only real way of showing our appreciation of what our fighting forces are doing. Let's match their great spirit of unselfishness with another, over-the-top Victory Loan!

Let's Buy More VICTORY BONDS

THE CANADA PAINT CO. LIMITED  
The MARTIN-SENOUR Co. LIMITED

The Lowe Brothers Co. Ltd.  
THE SHERWIN-WILLIAMS Co. of Canada Limited

The captain swore in three or four different languages; then said, "Keep rowing."

"He's gone," Dutch Joe said, pointing his chin at the ship.

Suddenly Easy reappeared at the rail with the captain's megaphone.

"Come back," he called. "Come back! I put the fire out. The ship's safe."

"What a man!" Captain Yost said as we rowed toward the *Dvina*.

"What a man! As strong as an ox, as brave as a lion!"

A little later I had Easy down in the cook's galley, smearing his face and hands with lard.

"You know, Jack," he said, "it got pretty hot down there. I was about ready to give up once. Even thinkin' about Sadie didn't help much. Then I kept readin' the word 'bacon' on them boxes and that made me think about those poor hungry devils on shore—I've been hungry myself—and the first thing I knew, I had that fire licked. Yes, sir, that bacon'll sure taste good to 'em."

"Bacon?" I laughed. "Those boxes were just labeled that way to fool the authorities. Every box is crammed with explosives. That's why they were so heavy."

"Explosives?" Easy sank down on a stool.

"You don't mean to say, . . . ?" I never finished the sentence for Easy had fainted dead away.

**Preferred By Churchill**

British Prime Minister Likes The Term "Mother Country"

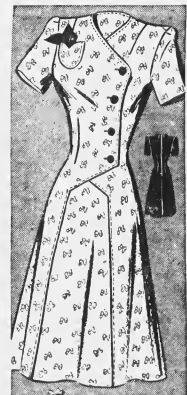
Prime Minister Churchill prefers the term "Mother Country."

He asked leave to use it while speaking during the recent Empire debate, contending "it would be dangerous to plunge out in new nomenclature." For instance, he thought substituting the "mother country" for "the elder sister country" would not meet with success.

An old song of his youth, the Prime Minister said, was "A boy's best friend is his mother," and that, he suggested, "seems to be worth sometimes humming again."

FOR WESTERN PROVINCES  
Establishment of a veterinary college for the four Western Provinces, possibly at University of Saskatchewan, was decided on at a conference at Calgary. Representatives of Provincial Departments of Agriculture reported a shortage of trained veterinarians to serve agricultural interests.

This Week's Pattern



By ANNE ADAMS

Smoothly side-buttoned, the clean-cut lines of this dress emphasize your reed-slim waist. Pattern 4709 is flawlessly designed . . . not a seam too many . . . not a frill or furbelow. That's why it's no trouble to make. The flattering back-bounce hat is perfect with it.

Pattern 4709 comes in sizes 11, 13, 15 and 17. Size 13, dress, requires 3 yards 39-inch fabric; hat requires 1/2 yard.

Send twenty cents (20c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to the Anne Adams Pattern Dept., Winnipeg Newspaper Union, 175 McDermott Ave. E., Winnipeg, Man. "Because of the slowness of the mails delivery of our patterns may take a few days longer than usual."

LONG-LETT WANT  
A new type table napkin designed to replace the kind that is always uttering off legs onto the floor, now is on display at Boston. Titled "Lapkin", it consists of a standard dinner napkin with a button-hole in one corner, permitting it to be attached to the diner's coat or vest.

Trials Compared

Canadians Do Not Realize What British People Have Endured

Our war "privations" in Canada are utterly trivial when compared to what the people of Britain have had to bear, and what many of them are now facing in the evacuation of their homes. One has rightly said that what we in Canada, spared from the cruel and devastating ravages of war, owe to "those sturdy islanders who could not be cowed or driven into panic," is beyond all computation. They have won and richly deserve our deepest gratitude and affection.—Halifax Herald.

SELECTED RECIPES

**HONEY KRISP ICE CREAM**  
3 cups oven-popped rice cereal  
3 tablespoons butter  
1 1/2 cup brown sugar  
1 1/2 cup chopped, toasted nut meats  
1 1/2 cups evaporated milk  
2 eggs  
1 cup honey  
1 teaspoon almond flavoring OR 1 teaspoon vanilla  
Crush cereal. Melt butter in heavy frying pan, add cereal, sugar and nut meats. Mix well. Cook, stirring constantly until sugar melts and caramelizes slightly. Cool and crumble mixture.  
Chill milk until very cold. Whip until stiff. Beat eggs with honey; add flavoring and fold into whipped milk. Pour into refrigerator trays and freeze partially. Mix 3/4 of crumb mixture with partially frozen ice cream. Pack in refrigerator trays or in paper cups. Sprinkle remaining crumb mixture on top. Freeze.  
Yield: 2 quarts.

ABOUT THE JAPS

Anyone who knows the Japs will tell you that to belittle their Emperor in broadcasts would be to unite the whole Japanese nation, military and civilian, in a fierce hatred of the belittlers. No, the Allies are not pussyfooting when they do not call Hirohito names on the air. It would simply be poor propaganda to do so.—Quebec Chronicle-Telegraph.

Food Rules

Healthful Eating Is Good Eating, Says Dr. L. B. Pett

"Meal times and meals themselves should be anticipated with pleasure and enjoyed with gusto," says Dr. L. B. Pett, director of Nutrition Services at Ottawa.

"With no foods barred by prejudice and the Food Rules providing a simple guide to the foods essential to health, families will find that healthful food is good eating."

From the idea that bananas would give the baby convulsions, to the theory that fruit and milk should never be taken at the same meal, food fads have, from time to time, swept the country like a prairie fire.

As increasing knowledge of nutrition showed these food fancies to have no basis in scientific fact, many foolish ideas have passed into oblivion. However, surveys made of the eating habits of different groups of people show that there are still many whose meal plans are guided by prejudice and outmoded theories which prevent them getting the foods they need for health.

The daily "musts" are milk, fruits, vegetables, whole grain cereals and meat or one of its alternates. Add at least three or four eggs a week; serve liver, heart or kidney once a week and remember cod liver oil for the children. Those are the simple rules for healthful eating. When the "musts" are looked after, the "likes" can be added.

VALUES HIS DOG

In July, 1941, G. W. R. Thompson was ordered by a court at Bromley, England, to destroy his dog and told he would be fined \$4.50 for every day the animal continued to live. He has paid \$2,250 and still refuses to kill the dog.

The tips of a propeller moving at top speed often surpass the speed of sound.

Paint with ALABASTINE

over WALLPAPER, WALLBOARD PLASTER or other SOLID SURFACES



ONLY 75¢  
WHY PAY MORE?  
ALABASTINE dries quickly without odour. Wide choice of beautiful tints. Sold at all Hardware and Paint Stores.

Water Paint for Walls and Ceilings

MACDONALD'S BRIER  
Canada's Standard Smoke

## Mother's Day GIFT SUGGESTIONS

Don't forget Mother on her day. We have an excellent range of gift items including:—

Fancy Chinaware; Gift Toilet Sets in Adrienne, Molinard, etc.; Stationery, Fountain Pens, Handbags, and many other useful and attractive items.

MOTHER ALWAYS APPRECIATES  
**POTTED PLANTS OR CUT FLOWERS**  
We will have a lovely range of these on  
FRIDAY AND SATURDAY OF THIS WEEK

## Coleman Pharmacy

G. STEEVES, Proprietor F. SMITH, Manager  
Agent for the Blairmore Greenhouse



## Gifts For Mother's Day

We have a very good selection of Gifts for Mother in Pyrex, China, Pictures, Plaques, Lamps, Tables, Bedspreads, etc. See our window display.

## Pattinson's Hardware Store

Phone 180 for Orders Large or Small - Service Unexcelled

## Gardening

Get your gardening done early this year. We have a full line of the tools



RAKES 75, 95, \$1.46  
HOES \$1.00, \$1.30

Spading Forks, Spades and Cultivators. Nails, Staples, Roofing for all spring repairs.

Coleman Hardware and Furniture Co.  
W. DUTIL, Mgr. Phone 68

## PUT VICTORY FIRST BUY VICTORY BONDS

AND HELP BRING OUR BOYS HOME AGAIN  
**WHITE LUNCH CAFE**

## Who? What? Why? When? GET THE ANSWERS FREE!

Can a small minority impose its will on Canada? If so, how?

How does the Canadian electoral system work? Make it your business to know. Who is your Member of Parliament?

What does he do at Ottawa? Why is he there and when did you last hear from him?

Your free citizenship hangs upon too slender a thread if you do not know these things. Start now to equip yourself to act unitedly with your fellows to safeguard your future. Beginning by filling in the coupon below—and mail it today!

Bracken Clubs of Canada,  
203 Insurance Exchange Bldg.,  
CALGARY, ALTA.

Kindly send me a free map of my federal riding, with revealing data on the last election.

NAME.....

ADDRESS.....

## Local News

Mr. L. Pauvrie, sr., is detained at home through illness.

Mrs. R. Wilson and family visited at Calgary during the week.

Mr. Angus Hughes has been a hospital patient for the past week.

Mrs. T. McCloy of Calgary is a visitor at the home of Mr. and Mrs. J. MacNeil.

Mr. A. Westworth, R.C.A.F., from High River visited his parents during the week-end.

Mrs. W. E. Read is confined to her home due to sickness. She was a recent hospital patient.

Mr. and Mrs. Alex Easton have been spending a few days at Calgary.

Mrs. Chris. Rogers of Coleman is spending a few days in Calgary.

Mrs. Jack Houghton, sr. is visiting with her daughter in Natal, B.C., while convalescing.

LAW May Ramsay was visiting with her parents, Mr. and Mrs. J. Ramsay, for a few days.

Mr. F. Aboussafy was a business visitor at Calgary during the week.

Mrs. W. Mitchell and son of Edmonton are the guests of Mr. and Mrs. H. Drew.

Mr. Andrew McLeod has been confined to his home during the past week due to sickness.

Mr. and Mrs. John Perzchull and son Garry were week-end guests of Mr. and Mrs. J. Ramsay, parents of Mrs. Perzchulla.

Uno Gudmundson, former Colemanite and for the past year a resident of Vancouver, was recently a patient in a city hospital.

Mr. W. Dutil on Sunday visited his mother at the Holy Cross hospital, Calgary. Mr. Dutil underwent an operation recently; she is reported to be doing well.

We are glad to learn that Jack Derbyshire has so far recovered from injuries received that he was able to leave hospital for home on May 8.

Mrs. H. Willets entertained at two tables of bridge on Friday night. This was in honor of Mrs. T. McGregor of Vancouver, who is a visitor at Coleman. Prizes went to Mrs. J. Nash and Mrs. T. McGregor.

Russell Ferguson, of Vancouver has been holidaying in town during the past week and renewing old acquaintances. It is almost a year since he left Coleman and states he likes the coast city immensely. Tom Lawlor is still in Vancouver.

The Pass committee of the National Council for Canadian Soviet Friendship, will hold a meeting at the town hall, Sunday May 14 at 7 p.m. This committee has already done some preliminary work to aid the adopted sister town of Yasniavataya. All organizations and interested individuals are invited to participate in the meeting and give moral support to the committee in its future activities.

Rev. and Mrs. E. B. Arrol of Blairmore recently entertained at the dinner hour. Those present were Rev. and Mrs. Matthews of Fernie, B.C., Rev. and Mrs. Waugh of Michael, B.C., Rev. and Mrs. W. H. Irwin of Bellevue, Alberta, and Rev. and Mrs. Kettys of Coleman. This was a delightful get-together of neighborhood ministers prior to the task of packing for a long move. Rev. and Mrs. Arrol and daughter, Elsie, will move to Tobermory, Ont.

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